

Healing With Yoga, Meditation, and Sound

“At the heart of Unity Holistic Wellness Center’s program,” explains its founder, Rev. Ellen Barron, “is the understanding that ‘health’ is—must be—about body, mind, and spirit.”

“Too often,” she observes, “the pursuit of health focuses primarily—or even entirely—on the body. Additionally, healing is something we often ‘turn over’ to health professionals, forgetting our own role in the process. The opportunities offered at Unity Holistic Wellness Center are intended to help people understand the connections between mind, body, and spirit and to acquire the skills they need to realize their own power in achieving whole health.”

The Center’s program of affordable and interactive workshops encompasses a wide range of healing modalities—from yoga and tai chi to chakra balancing and mindfulness. Following the introduction of its first workshops in mid-January, the Center has steadily added classes and workshops to further expand the list. In addition to the more familiar modalities—such as yoga—the workshops will introduce participants to such techniques and tools as EFT (tapping), the Enneagram, acupressure, and sound therapy.

“What all these have in common,” says Ellen, “is a fundamental understanding of the interconnectedness of body, mind, and spirit. Furthermore, all of our workshops and classes are designed to help each participant develop their own healing skills. Learning mindfulness meditation techniques, or acupressure for self-healing, or building strength and flexibility through yoga—these are all ways to empower oneself in pursuit of health.”

YOGA: ANCIENT TECHNIQUES FOR HEALING MIND, BODY, SPIRIT

In addition to a roster of Saturday workshops (see box), the Center offers a weekly yoga class on Wednesday mornings from 10:00 to 11:00. The class guides participants through an alignment-based, slow-flow practice designed to improve balance, strength, and flexibility.

“People often mistakenly believe that yoga is only a physical discipline,” notes Stacey Paige, the class’s instructor. “But traditional yoga is much more than just physical postures and movement; it encompasses all aspects of life and health—mind and spirit as well as body.”

“Yoga is about meditation and it’s part of a daily spiritual practice,” she says. “And, beyond their physical benefits, the yoga postures are a way of connecting mind, body, and spirit. Holding a pose, for example, may help quiet the mind or to process emotions so they don’t get stored in the body and create disease or distress.”

“Yoga,” she adds, “can activate the body’s natural healing response. Simply sitting and breathing can oxygenate the blood and calm the nervous system to shift the body out of ‘fight or flight’ mode.”

The Wednesday class introduces participants to the benefits of yoga practice. “It’s a gentle, slow movement class,” says Ms. Paige, “with lots of variations that make it accessible for all levels and most bodies. If somebody wants to sit on a chair, for example, I can modify certain postures for them. And if they can’t do everything, they can sit in one of the resting poses—and still benefit. And participants can choose to join in person or via Zoom.”

“We move mindfully,” she says, with a smile. “We spend a little bit of time in each posture. We breathe, we focus on alignment. And we end with a little bit of sound healing.”

“VIBE UP!” – INTRODUCING THE POWER OF A SOUND BATH

“Sound healing” is the focus of the newest addition to the Center’s program. “In July,” says Ms. Paige, “we’ll begin a monthly program we’re calling ‘Vibe Up! – Gentle Yoga, Meditation and Sound Healing.’”

“The centerpiece of the *Vibe Up!* session,” she explains is a ‘sound bath’—an ancient form of vibrational healing, whose roots in Tibet are over two thousand years old. It’s a meditative experience where one is ‘bathed’ in sound waves, which are produced by various sources. I use gongs, koshi chimes, and other devices, including seven crystal bowls, each of which is calibrated to resonate with one of the seven major chakras.

“I would describe a sound bath as a sort of ‘energetic detox,’” explains Ms. Paige. “We are essentially energy—vibration. And everything vibrates at a different level, including our thoughts and feelings—vibrations that significantly impact our health. Negativity vibrates at relatively low levels, positivity at higher levels. Sound healing helps align our bodies with the higher vibrational sound. It’s a very powerful experience one-on-one,” she adds, “but it’s also powerful in a room with others, because all the energies come together.”

Vibe Up! sessions will be held monthly (check the website for dates/times), beginning with a gentle yoga session for an hour. This is followed by a short meditation and a 45-minute sound bath. Participants have the option of coming for the full experience or just the meditation and sound bath. **h&h**



Stacey Paige: demonstrating a pose in the Center’s Wednesday morning yoga class.

WORKSHOP SCHEDULE

Workshops and classes are held at the Unity Church of Raleigh, 5124 Departure Drive, 27616, and may be attended in person or remotely. **Saturday workshops** run for two hours, beginning at 10:00 am; you may pre-register on-line by midnight Thursday before the workshop or register on-site at 9:30 a.m. on the day of the workshop. **Yoga classes** are held Wednesdays from 10:00-11:00 am. **VibeUp! Workshops** (Gentle Yoga, Meditation and Sound Healing) are held monthly; check the website (www.unityholisticwellnesscenter.org) for dates and times.

July 2022

- **July 2, Saturday:** *Mindfulness in Stressful Times*. Presenter: Ellen Barron, MDiv, Licensed Unity Instructor/Certified Spiritual Educator/Coach
- **July 9, Saturday:** *Speak Your Truth & Manifest Your Best Life: Throat Chakra Balancing*. Presenter: Stacey Paige, Yoga Instructor/Spiritual Coach
- **July 16, Saturday:** *Journaling: How to Connect With Your True Self*. Presenter: Wendy Essrow, Author & Poet
- **July 17, Sunday:** *VibeUp! Gentle Yoga, Meditation and Sound Healing*. Presenter: Presenter: Stacey Paige, Yoga Instructor/Spiritual Coach
- **July 23, Saturday:** *Managing Stress & Anxiety with Five Element Acupuncture*. Presenter: Nancy Davison, PT, Lac, Physical Therapist, Acupuncturist
- **July 30, Saturday:** *Hidden from Myself: Accessing the Subconscious for Healing*. Presenter: Joanne (“JP”) Pizzino, MD, MPH

August 2022

- **August 6, Saturday:** *Seeing Beyond the Physical: Third Eye Chakra Balancing*. Presenter: Presenter: Stacey Paige, Yoga Instructor/Spiritual Coach
- **August 13, Saturday:** *EFT (Tapping) and Self-Healing for Symptoms & Grief in the Heart Chakra*. Presenter: Larry Burk, MD, CEHP, Certified Energy Health Practitioner
- **August 20, Saturday:** *Introduction to Tai Chi*. Presenters: Carolyn Bard & Deanne Mott, Tai Chi Instructors/Co-Founders of Connection Tai Chi
- **August 14, Sunday:** *VibeUp! Gentle Yoga, Meditation and Sound Healing*. Presenter: Presenter: Stacey Paige, Yoga Instructor/Spiritual Coach
- **August 27, Saturday:** *Keep Calm and Carry On: Tools, Tips and Practices*. Presenter: Sharri Gaines, Integrative Relexologist, Reiki Practitioner, Yoga Instructor, Spiritual Coach

For more information about the seminars and presenters, or to register, please visit our website: www.unityholisticwellnesscenter.org.

For further information, or to register for a seminar, contact:

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